

Name	Event	Feedback
George Cook	400 free	hold streamline for 3 secs on every push off breathe every 3 arms to balance your stroke count your own lengths
Abigail Smerdon	400 free	hold streamline for 3 secs on every push off breathe to the side so that you can keep your face in the water before you turn react to the beep at the start, rather than guess when it will be add a little bit more effort on each length so that you can negative split
Noah Statter	400 free	hold streamline for 3 secs on every push off
Connie Ballentine	400 free	hold streamline for 3 secs on every push off
Joe Reeves	400 free	hold streamline for 3 secs on every push off leave one eye in the water when you breathe add a little bit more effort on <b>each</b> length; negative split, not sprint last 25!
David Hoskin	400 free	add a little bit more effort on <b>each</b> length; negative split, not sprint last 25!
Jessica Knight	400 free	add a little bit more effort on <b>each</b> length; negative split, not sprint last 25!
Amy Lance	400 free	great strong kick
Rhianna Gardner	400 free	try to make the first breath a tiny one as you don't need a big gulp that early hold streamline for 3 secs on every push off
Ben Jones	400 free	ask me to show you a sun yang video so that you can see his stroke length great sprint finish. Could you have used that energy earlier?
Maggie Hammond	400 free	keep your legs kicking - they can have a rest at the end!
Jess Dadds	400 free	2 hats? (1 over/1 under goggles)
George Langman	400 free	keep your legs kicking - they can have a rest at the end! bigger effort on the 3rd 100 - thats when the top swimmers make their move
Ruby Soper	400 free	after you breathe put your FACE back into the water - hat stays dry
Freya King	400 free	stroke count target <26 keep your legs kicking - they can have a rest at the end!
Joe Ham	400 free	your pace should build 7/8/9/10 - you had too much left....like 5/6/7/10
Victoria Leeks	400 free	pacing for a 400 = 100 easy speed, 100 build, 100 hard, 100 hold
Jonathan Reep	400 free	increasing flexibility will help you to be more streamlined and use less energy
Evan Brunson	400 free	accelerate your arm pull. Push the water that is in your hand, out behind you
Jasmine Moroney	400 free	target = 5m u/w EVERY wall
Immy Moroney	400 free	hold streamline for 3 secs on every push off
Isobel Gray	50 back	only do half a forwards roll when tumble turning
Morgan Taylor	50 back	look at the block when the starter says "take your marks"
Freddie Priddle	50 back	hold your streamline for 3 sec, then bring one arm down to your side first
Megan Rees	50 back	practice your stroke count as often as you can
Abigail Smerdon	50 back	when you turn from back to front put your face in the water, then turn
Max Reynolds	50 back	when you turn from back to front put your face in the water, then turn
Charlie Webb-Sperrings	50 back	increasing your shoulder flexibility will improve your streamline & make you faster
Beth Bryant	50 back	increasing your shoulder flexibility will improve your streamline & make you faster chin up = hips up = less drag = faster :)
Taylor-Jay Kingston	50 back	question mark arm pull
Joe Reeves	50 back	accelerate your arm pull so that you RIP your arm out of the water
Ben Bradley-Wilson	50 back	faster arms please
Caitlin Ashurst	50 back	faster arms please - lovely u/w
Sarah Carr	50 back	try to curve your start like you're doing a mini high jump
Harry Reynolds	50 back	practice your stroke count as often as you can. Confidence = speed
Jackson Harper	50 back	5m u/w at start and turn
Rebecca Hodder	50 back	target = 7m at start and turn
Mason Boobyer	50 back	target = 7m at start and turn
Jonathan Reep	50 back	target = 7m at turn
Freya King	50 back	target = 5m at turn
Hollie Wilcox	50 back	target = 5m at turn
Elliott Dew	50 back	try to curve your start like you're doing a mini high jump
Will Daniel	50 back	faster arms please - lovely u/w
Christopher Scrivens	200 brst	hold your STREAMLINED glide for 2 seconds
Morgan Taylor	200 brst	hold your STREAMLINED glide for 2 seconds
Isabel Longstaff	200 brst	hold your STREAMLINED glide for 2 seconds two handed touch when you finish every length
Megan Rees	200 brst	hold your STREAMLINED glide for 2 seconds two handed touch when you finish every length

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Tamzin Rawle	200 brst	FREEZE after "take your marks" until the beep/gun/go small arms, long glide
Isabella Clark	200 brst	hold your STREAMLINED glide for 2 seconds two handed touch when you finish every length
Bobbi-Lee Kingston	200 brst	good glide - you'd go even faster with your head in streamline too
Savio Quan	200 brst	no fly for this stroke
Joe Reeves	200 brst	arms are strong. Keep knees narrow and head streamlined to increase speed
Beth Bryant	200 brst	take a fast breath whilst looking down
Jackson Harper	200 brst	take a fast breath whilst looking down
Jacob Taylor	200 brst	take a fast breath whilst looking down hold your STREAMLINED glide for 2 seconds
Ollie Elliott	200 brst	narrow knees (hip width)
David Hoskin	200 brst	turn = 2 hand touch, knees in + 1 hand under, other hand behind head
Mariya Georgieva	200 brst	target stroke count is less than 18 (deeper/bigger arms)
Ruby Richardson	200 brst	react to the beep at the start, rather than guess when it will be gliding with your toes pointed will reduce drag and make you faster
Lottie Dadds	200 brst	gliding with your toes pointed will reduce drag and make you faster
Charlotte Stanbury	200 brst	bring your hands forwards near to the surface to reduce drag and make you faster
Rhianna Gardner	200 brst	u/w off every wall fast breath, long glide
Ellie Redman	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Caitlin Ashurst	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Sarah Carr	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Bethan Anderson	200 brst	narrow knees (hip width) when your arms go forward, tuck your head in between them to streamline
Ruby Soper	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy narrow knees (hip width)
Amy Lance	200 brst	keep your head still to reduce drag and make you faster
Freya King	200 brst	breathe early (at the beginning of the insweep)
Maggie Hammond	200 brst	breathe early (at the beginning of the insweep)
Victoria Leeks	200 brst	back of head breaks the surface first when your arms squeeze in, have your hands lower than your elbows
Caitlyn Wallis	200 brst	Pacing? 8/9/10/10
Holly Hudghton	200 brst	bring your hands forwards near to the surface to reduce drag and make you faster your dive was so deep that you had to pull your head out of streamline to surface :(
Evan Brunson	200 brst	when your arms squeeze in, have your hands lower than your elbows
Jess Dadds	200 brst	BIG 3rd 50! narrow knees (hip width)
Alison Reep	200 brst	fast arm recovery
Jonathan Reep	200 brst	target stroke count is less than 12 (deeper/bigger arms)
Lucy Davies	200 brst	recover your u/w arm pull closer to your body, to reduce drag and maintain speed
Millie Dadds	200 brst	finish on a full stroke
Hannah Anderson	200 brst	narrow knees (hip width)
Morgan Taylor	50 fly	look at your feet when you're on the block
Sofia Barnes	50 fly	face in but hat dry
Savio Quan	50 fly	long arms in front as well as behind
Megan Rees	50 fly	hands enter, bum up (to the surface)
Mariya Georgieva	50 fly	great u/w from your dive :)
Ceri-Anne Verrinder	50 fly	accelerate your arms under the water and breathe early (at the start/during the pull)
Taylor-Jay Kingston	50 fly	breathing every other stroke will reduce drag and make you faster fly feet (there were sneaky brst feet in there!!)
Alison Reep	50 fly	accelerate your arms all the way until they are out of the water at the back
George Langman	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
Vaughan Clarke	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
Amy Lance	50 fly	flat hands for entry
Maddy Soper	50 fly	breathe early (at the start/during the pull)
Hollie Wilcox	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
Maggie Hammond	50 fly	accelerate your arms all the way until they are out of the water at the back
Ben Jones	50 fly	no breathing in the red zone at the end will increase your speed
Jess Dadds	50 fly	face enters last at the turn (just like brst)
Millie Dadds	50 fly	arms are strong. Keep knees narrow and head streamlined to increase speed

Name	Event	Feedback
Ollie Elliott	50 fly	pull on the block to start and fly out flat
Evan King	50 fly	u/w from turn :)
Jess Knight	100 back	lead with your chin to the surface from your underwater make bubbles on the surface from your feet
Sarah Carr	100 back	target = 5m EVERY turn
Rhianna Gardner	100 back	target = 5m EVERY turn react to the beep at the start, rather than guess when it will be
Ollie Elliott	100 back	100m requires a higher stroke rate
Will Daniel	100 back	bent arm underwater, during the pull = more muscles, therefore more speed
Ellie Redman	200 I/M	fly hands need to enter flat to catch the water rather than slide through it hat dry shallow u/w on backstroke (approx 50cm) f/c - swim over the ladder
Taylor-Jay Kingston	200 I/M	your dive was deep because your head was too low turn = 2 hand touch, knees in + 1 hand under, other hand behind head
Noah Statter	200 I/M	have a 6-8 beat f/c kick on BOTH lengths
George Cook	200 I/M	bk - head still and chin up
Rhianna Gardner	200 I/M	keep a double chin during brst
Bethan Anderson	200 I/M	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Joe Reeves	200 I/M	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front) pacing = 8/9/10/10 (you had too much energy left for the f/c)
Jackson Harper	200 I/M	longer arms on the fly (do we need to increase your flexibility?)
David Hoskin	200 I/M	accelerate your arms all the way until they are out of the water at the back fast breath, long glide (brst)
Vaughan Clarke	200 I/M	dive OUT (not up!) target = 5m u/w for backstroke
Sarah Carr	200 I/M	make sure hands lead during the u/w part of the fly arm pull
Rebecca Hodder	200 I/M	keep a double chin during brst
Harry Reynolds	200 I/M	holding your breath for the breakout will maintain more speed pacing = 8/9/10/10 (you had too much energy left for the f/c)
Caitlin Ashurst	200 I/M	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Ben Jones	200 I/M	pacing = 8/9/10/10 (you had too much energy left for the f/c)
Bethan Rees	200 I/M	fly to back turn - one arm under the water, one arm behind head
Maddy Soper	200 I/M	fly to back turn - one arm under the water, one arm behind head
Hollie Wilcox	200 I/M	keep knees soft as legs press round - full extension occurs in streamline
Freya King	200 I/M	target = 5m u/w EVERY wall
Elliott Dew	200 I/M	keep a double chin during brst
James King	200 I/M	keep a double chin during brst
Evan Brunson	200 I/M	fly = breathe every other stroke f/c = 3SB
Ollie Elliott	200 I/M	narrow knees (hip width) - brst more f/c kick (target = 6 beat kick)
Jasmine Moroney	200 I/M	remember the underwater brst to maintain speed from the wall
Evan King	200 I/M	circle your feet around at the end of the brst kick brst - f/c turn = rotate THEN breathe..stay low to the water, knees to your tummy
Belinda Humphries	100 fly	have your weight at the front of the blocks for "take your marks" react to the beep at the start, rather than guess when it will be
Harry Reynolds	100 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
David Hoskin	100 fly	hips high - reduced drag
Hollie Wilcox	100 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
James King	100 fly	long arms - bent arm recovery is harder (uses more energy)
Amy Lance	100 fly	flat hands for entry
Christopher Scrivens	200 free	Pacing? 8/9/10/10 face in the water before the turn (last breath to the side)
Marcus Turner-Wood	200 free	Pacing? 8/9/10/10 face in the water before the turn (last breath to the side) high elbows under the water (like you're swimming on a ladder)
Isabella Clark	200 free	Pacing? 8/9/10/10 face in the water before the turn (last breath to the side)
Isobel Gray	200 free	Pacing? 8/9/10/10 face in the water before the turn (last breath to the side)

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		turn = half a forward roll, push THEN breathe
Robson Bird	200 free	Pacing? 8/9/10/10 tumble x 7
Sofia Barnes	200 free	hold streamline for 3 secs on every push off
Isabel Longstaff	200 free	hold streamline for 3 secs on every push off
Bobbie-Lee Kingston	200 free	hold streamline for 3 secs on every push off
Morgan Taylor	200 free	hold streamline for 3 secs on every push off leave 1 eye in the water when you breathe
Megan Rees	200 free	hold streamline for 3 secs on every push off
George Cook	200 free	hold streamline for 3 secs on every push off
Jacob Taylor	200 free	hold streamline for 3 secs on every push off leave 1 eye in the water when you breathe
Connie Ballentine	200 free	hold streamline for 3 secs on every push off
Tamzin Rawle	200 free	hold streamline for 3 secs on every push off
Freddie Priddle	200 free	hold streamline for 3 secs on every push off (head too) leave 1 eye in the water when you breathe
Noah Statter	200 free	Pacing? 8/9/10/10
Ellie Redman	200 free	stroke count target <28
Abigail Smerdon	200 free	face in the water before the turn (last breath to the side) leave 1 eye in the water when you breathe
Edward Burns	200 free	Pacing? 8/9/10/10
Ruby Richardson	200 free	Pacing? 8/9/10/10
Jackson Harper	200 free	Pacing? 8/9/10/10
Ceri-Anne Verrinder	200 free	Pacing? 8/9/10/10
Joe Reeves	200 free	Pacing? 8/9/10/10
Sarah Carr	200 free	Pacing? 8/9/10/10 during the underwater pull, keep your wrist under your elbow (ladder)
Rhianna Gardner	200 free	build during the second 50 - you had too much energy left at the end
Taylor-Jay Kingston	200 free	good pacing come to the surface with the back of your head first
Vaughan Clarke	200 free	target = 5m at turn
Rebecca Hodder	200 free	target = 5m at turn
Toby Daniel	200 free	target = 5m at turn
Amy Lance	200 free	target = 5m at turn no breathing in the red zone at the end will increase your speed
Ben Bradley-Wilson	200 free	hold streamline for 3 secs on every push off great hold on the water - now increase your stroke rate to increase your speed no breathing in the red zone at the end will increase your speed
Emma Simpson	200 free	target = 5m at turn you need a 4-6 beat kick (minimum)
Maddy Soper	200 free	target = 5m at turn
Ben Jones	200 free	target = 5m at turn
Bethan Rees	200 free	target = 5m at turn
Maggie Hammond	200 free	target = 5m at turn 6 beat kick (constant)
Rachel Eveleigh	200 free	target = 5m at turn keep pushing at the back of the pull until your arm is full extended
Harry Reynolds	200 free	target = 5m at turn
George Langman	200 free	target = 5m at turn Pacing? 8/9/10/10
Alice Davies	200 free	target = 5m at turn
Caitlin Ashurst	200 free	target = 5m at turn
Mason Boobyer	200 free	target = 5m at turn
Caitlyn Walis	200 free	target = 5m at turn
Freya King	200 free	6 beat kick (constant)
Joe Ham	200 free	strong, build, hard, hold (pacing)
Holly Hudghton	200 free	during the underwater pull, keep your wrist under your elbow (ladder)
Hollie Wilcox	200 free	come to the surface with the back of your head first
Jess Dadds	200 free	strong, build, hard, hold (pacing)
Elliott Dew	200 free	FREEZE after "take your marks" until the beep/gun/go
Will Daniel	200 free	the smaller the shape you can be, during the tumble, the faster you will rotate

Name	Event	Feedback
Jasmine Moroney	200 free	stroke count target < 16 no breathing on ANY breakout
Lucy Davies	200 free	finish the back end of the pull with torso rotation
Amy Lance	400 I/M	if you touch for the bk to brst turn flat, bkws roll...(or, lean on your side) target = 5m u/w EVERY wall
Bethan Anderson	400 I/M	on your fly outswEEP, have your fingers facing down chin tucked in all the time on brst touch turns = knees THEN breathe if you touch for the bk to brst turn flat, bkws roll...(or, lean on your side)
Mason Boobyer	400 I/M	chin tucked in all the time on brst pacing! Too hard on the fly (needs to be easy speed)
Caitlin Ashurst	400 I/M	kick, pull, kick - fly (at the mo you're going kick, kick, pull..there's a pause at the front)
Ben Jones	400 I/M	toes pointed in the flight (dive) to increase speed in the water fingers long (forward) on the fly chin high (back) 200m technique for brst (longer glide....pull, then kick)
Jackson Harper	400 I/M	build the speed on the bk leg and come up with your chin first narrow knees (hip width) - brst
David Hoskin	400 I/M	fly - 2nd kick is the big one brst - breathe as soon as your hands open
Alison Reep	400 I/M	increasing your shoulder and back flexibility will give you more speed
Ruby Soper	400 I/M	hat dry - f/c
Maddy Soper	400 I/M	breathe and push at the same time (fly)...at the mo its push then breathe
Jess Dadds	400 I/M	increasing your ankle flexibility will give you more speed (less drag from feet) r hand entry on back - little finger first, then press down your fingers needs to sweep round and face in/down on f/c (definitely not out!)
Maggie Hammond	400 I/M	chin tucked in all the time on brst keep your feet together on fly push harder on the back as this is your strength
Caitlyn Wallis	400 I/M	chin high (back)
Jonathan Reep	400 I/M	increasing your ankle flexibility will give you more speed (less drag from feet) stroke count target = 12 (brst)
James King	400 I/M	keep your fly arms long when you're tired (consistent stroke count)
Chloe Knight	400 I/M	your bk is undulating - are you losing grip on the water half way through the pull? higher stroke rate on f/c
Freya King	400 I/M	target = 5m u/w EVERY wall 6 beat kick (constant) f/c
Alice Davies	400 I/M	during the underwater fly pull, keep your wrist under your elbow (ladder) press your fingers down (the back of your hand leads) before your elbow enters (f/c) bk - rotate to get a clean little finger entry hat dry - f/c
Lucy Davies	400 I/M	fly looking much stronger now its S/M/F 6 beat kick (constant) f/c
Millie Dadds	400 I/M	bk - press down at the bottom to help the rotation to the other side
Megan Richards	400 I/M	accelerate your feet as they sweep AROUND the outside (knees narrow) face in after breathing, but keep your hat dry (f/c)
Holly Richards	400 I/M	accelerate your feet as they sweep AROUND the outside (knees narrow)
Amber Spillane	50 brst	if your arms stop at all...it HAS to be in streamline
Thomas Robbins	50 brst	breathe as soon as your hands open
Maisie Smith	50 brst	fast breath, long reach
Isobel Gray	50 brst	chin tucked in all the time on brst narrow knees (hip width)
Neave Southcombe	50 brst	chin tucked in all the time on brst narrow knees (hip width)
Morgan Taylor	50 brst	chin tucked in all the time on brst narrow knees (hip width)
Christopher Scrivens	50 brst	chin tucked in all the time on brst narrow knees (hip width)
Isabella Clark	50 brst	chin tucked in all the time on brst narrow knees (hip width) big reach at the front

Name	Event	Feedback
Angharad Laraman	50 brst	more reach - stroke count target = 15
Tamzin Rawle	50 brst	big reach at the front head still - breath whilst looking down
Savio Quan	50 brst	react to the beep at the start, rather than guess when it will be
Freddie Priddle	50 brst	head still - breath whilst looking down
Megan Rees	50 brst	head still - breath whilst looking down
Hadyn Greaves	50 brst	small arms, long glide at the end, touch the wall first (with two hands) then the rope!
Max Reynolds	50 brst	small arms, long glide
Bobbi-Lee Kingston	50 brst	chin tucked in all the time on brst
Sofia Barnes	50 brst	shorter glide for 50 brst (lovely 200 technique)
Suzanne Reep	50 brst	just 1 pull and 1 kick underwater
Abigail Smerdon	50 brst	head still - breath whilst looking down
George Cook	50 brst	more reach - stroke count target = 15
Harvey Dew	50 brst	accelerate your feet as they sweep AROUND the outside (knees narrow)
Phoebe Jones	50 brst	just 1 pull and 1 kick underwater
Jacob Taylor	50 brst	fast breath, long glide
Ruby Richardson	50 brst	fingers point forwards or slightly down on the glide (not up)
Ben Bradley-Wilson	50 brst	pull AND breathe, kick AND glide
Rachel Simpson	50 brst	bigger glide - stroke count target = 20
Bethan Anderson	50 brst	chin tucked in all the time on brst
Noah Statter	50 brst	chin tucked in all the time on brst if your arms stop at all...it HAS to be in streamline
Lottie Dadds	50 brst	head still - breath whilst looking down
Connie Ballentine	50 brst	head still - breath whilst looking down
Ruby Soper	50 brst	touch the wall at the end with flat hands (not grab)
Ceri-Anne Verrinder	50 brst	set your feet wider than your knees BEFORE you start the push round
Vaughan Clarke	50 brst	react to the beep at the start, rather than guess when it will be
Ellie Redman	50 brst	accelerate your arms so that they get back into streamline fast
Rachel Eveleigh	50 brst	head still - breath whilst looking down
Amy Lance	50 brst	head still - breath whilst looking down sweep your arms in, with your elbows IN FRONT of your ribs
Beth Bryant	50 brst	glide with your head in streamline to increase your speed (can't see your hands)
Mariya Georgieva	50 brst	glide with your head in streamline to increase your speed (can't see your hands)
Sarah Carr	50 brst	glide with your head in streamline to increase your speed (can't see your hands)
Holly Hudghton	50 brst	shorter glide for 50 brst (lovely 200 technique)
Elliott Dew	50 brst	dive OUT parallel to the water
Evan Brunson	50 brst	sweep your arms in, with your elbows IN FRONT of your ribs
Will Daniel	50 brst	from the turn, the arm OVER the water (behind your head) should be bent
Alison Reep	50 brst	surface with the back of your head face goes into the water LAST from the turn
Tom Simpson	50 brst	FREEZE after "take your marks" until the beep/gun/go recover your arms forwards UNDER the water (just)
Jess Dadds	50 brst	turn = knees THEN breathe
Rachel Simpson	100 free	leave one eye in the water when you breathe
Rhianna Gardner	100 free	leave one eye in the water when you breathe
Beth Bryant	100 free	leave one eye in the water when you breathe glide with your head in streamline to increase your speed (can't see your hands)
David Hoskin	100 free	higher stroke rate - lose control slightly
Amy Lance	100 free	during the underwater pull, keep your wrist under your elbow (ladder)
Emma Simpson	100 free	6 beat kick (constant)
Jess Knight	100 free	pacing 8/9/10/10
Sarah Carr	100 free	pacing 8/9/10/10 during the underwater pull, keep your wrist under your elbow (ladder)
Marcus Turner-Wood	200 back	hold streamline for 3 secs on every push off your pace should build 7/8/9/10 out of 10 on each 50 push off the wall THEN breathe
Isabella Clark	200 back	hold streamline for 3 secs on every push off your pace should build 7/8/9/10 out of 10 on each 50 push off the wall THEN breathe
		hold streamline for 3 secs on every push off

Name	Event	Feedback
Megan Rees	200 back	your pace should build 7/8/9/10 out of 10 on each 50 just 1 arm when you turn on to your front to turn
Christopher Scrivens	200 back	hold streamline for 3 secs on every push off your pace should build 7/8/9/10 out of 10 on each 50
Isobel Gray	200 back	hold streamline for 3 secs on every push off your pace should build 7/8/9/10 out of 10 on each 50 turn = half a forward roll, push THEN breathe
Sofia Barnes	200 back	target = 5m u/w EVERY wall
Ellie Redman	200 back	target = 5m u/w EVERY wall
Evan King	200 back	drive hips up from the start turn your hand to enter little finger first
Sarah Carr	200 back	target = 5m u/w EVERY wall
Max Reynolds	200 back	target = 5m u/w EVERY wall
Tamzin Rawle	200 back	target = 5m u/w EVERY wall
Abigail Smerdon	200 back	hold streamline for 3 secs on every push off
Jacob Taylor	200 back	rotate your body to get a deeper push, use more muscles and generate more speed
Charlie Webb-Sperrings	200 back	rotate your body to get a deeper push, use more muscles and generate more speed
Ben Bradley-Wilson	200 back	your pace should build 7/8/9/10 out of 10 on each 50 hold streamline for 3 secs on every push off your stroke rate looks very comfortable - it could be higher
Ben Jones	200 back	target stroe count < 26
Rachel Eveleigh	200 back	rotate your body to get a deeper push, use more muscles and generate more speed your arm/hand should go down/up/down
Rhianna Gardner	200 back	target = 5m u/w EVERY wall your pace should build 7/8/9/10 out of 10 on each 50 check your stroke count to finish (it will be different to your stroke count to turn)
Amy Lance	200 back	target = 5m u/w EVERY wall
Mason Boobyer	200 back	hold streamline for 3 secs on every push off
Joe Ham	200 back	improving your shoulder/back felxibility will give you better/faster streamline
Freya King	200 back	chin up = hips up = less drag = faster :)
Holly Hudghton	200 back	as your arms sweep down/up/down, make sure they accelerate
Caitlyn Wallis	200 back	bk - press down at the bottom to help the rotation to the other side keep your underwater work shallow to increase your forwards speed
Evan Brunson	200 back	bring your hand out of the water by your leg before the other arm starts to pull
Elliott Dew	200 back	clean hand entry (little finger first)
Will Daniel	200 back	bent arm underwater, during the pull = more muscles, therefore more speed
Hannah Anderson	200 back	r hand entry - little finger first, then press down
Megan Richards	200 back	build the second 50, attack the 3rd 50
Chloe Knight	200 back	higher stroke rate
Rachel Simpson	100 brst	glide with your head in streamline to increase your speed (can't see your hands)
David Hoskin	100 brst	small fast arms and reach into a glide
Beth Bryant	100 brst	glide with your head in streamline to increase your speed (can't see your hands)
Jess Knight	100 brst	head just into streamline on your dive (at the mo it's going past streamline)
Mariya Georgieva	100 brst	glide with your head in streamline to increase your speed (can't see your hands)
Amy Lance	100 brst	head still - breath whilst looking down
Ruby Soper	100 brst	narrow knees (hip width)
Holly Richards	100 brst	squeeze your arms in and bring them forwards really narrow
Sarah Carr	100 brst	chin tucked in all the time on brst narrow knees (hip width)
Neave Southcombe	50 free	feet still on the block between "take your marks" and the beep/gun
Hadyn Greaves	50 free	stretch one arm forwards when breathing
Morgan Taylor	50 free	arms come under and up on the dive (not over)
Savio Quan	50 free	accelerate your arms all the way until they are out of the water at the back
Phoebe Jones	50 free	if you are doing a track start - lift your back heel on the block
Sofia Barnes	50 free	if you are doing a track start - lift your back heel on the block leave one eye in the water when you breathe
Bobbi-Lee Kingston	50 free	5 stroke breathing for sprints
Abigail Smerdon	50 free	5 stroke breathing for sprints
Angharad Laraman	50 free	5 stroke breathing for sprints
Tamzin Rawle	50 free	5 stroke breathing for sprints
Harvey Dew	50 free	5 stroke breathing for sprints

Name	Event	Feedback
Megan Rees	50 free	5 stroke breathing for sprints
Will Ford	50 free	accelerate your arms all the way until they are out of the water at the back
Ruby Richardson	50 free	react to the beep at the start, rather than guess when it will be start the arm pull by tipping your fingers down (into the ladder)
Noah Statter	50 free	FREEZE after "take your marks" until the beep/gun/go
Mariya Georgieva	50 free	hat dry
Ellie Redman	50 free	after the dive (and turn) swim, THEN breathe
Beth Bryant	50 free	after the dive (and turn) swim, THEN breathe
Rachel Eveleigh	50 free	after the dive (and turn) swim, THEN breathe dive OUT parallel to the water
Naomi Pollard	50 free	after the dive (and turn) swim, THEN breathe
Bethan Anderson	50 free	after the dive (and turn) swim, THEN breathe
Taylor-Jay Kingston	50 free	after the dive (and turn) swim, THEN breathe
Rhianna Gardner	50 free	after the dive (and turn) swim, THEN breathe
Jackson Harper	50 free	after the dive (and turn) swim, THEN breathe
Vaughan Clarke	50 free	5 stroke breathing for sprints
Emma Simpson	50 free	FREEZE after "take your marks" until the beep/gun/go
Ruby Soper	50 free	hat dry
Alice Davies	50 free	press your fingers down (the back of your hand leads) <b>and</b> forwards (f/c)
Mason Boobyer	50 free	accelerate your arms and PUSH all the way until they are out of the water at the back
Evan Brunson	50 free	increasing your shoulder flexibility will give you better streamline and more speed
Ben Jones	50 free	no breathing in the red zone at the end will increase your speed
Joe Ham	50 free	plan your breathing (10m, 20m, 30m, 37m, 45m)
Holly Richards	50 free	hat dry
Morgan Taylor	100 I/M	always finish a length of backstroke on your back (only roll over to tumble turn)
Tamzin Rawle	100 I/M	always finish a length of backstroke on your back (only roll over to tumble turn)
Marcus Turner-Wood	100 I/M	2 kicks on fly (2nd kick is bigger)
Phoebe Jones	100 I/M	brst arms squeeze in fast and go forwards fast f/c arms enter in line with your shoulder (not your head)
Max Reynolds	100 I/M	3 stroke breathing on f/c
Abigail Smerdon	100 I/M	breathe at the same time as your arms push on fly (not after) brst - fast arms, long glide
George Cook	100 I/M	fly entry - hands flat (not angled)
Megan Rees	100 I/M	leave one eye in the water when you breathe - f/c
Ruby Richardson	100 I/M	your stroke count for the whole 25m of backstroke should be < 25
Lottie Dadds	100 I/M	leave one eye in the water when you breathe - f/c
Ben Bradley-Wilson	100 I/M	breathe at the same time as your arms push on fly (not after) brst - small fast arms, long glide
Rhianna Gardner	100 I/M	fly - push your bum to the surface when your hands enter - it will increase your reach
Ellie Redman	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe
Connie Ballentine	100 I/M	finish the f/c THEN breathe
Beth Bryant	100 I/M	glide with your head in streamline to increase your speed (can't see your hands)
Joe Reeves	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe
Joe Ham	100 I/M	narrow knees (hip width) - brst
Jackson Harper	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe
Sarah Carr	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe
Vaughan Clarke	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe
Caitlin Ashurst	100 I/M	turn = 2 hand touch, <b>knees in</b> THEN breathe no breathing in the red zone at the end will increase your speed
Bethan Rees	100 I/M	after the dive (and turn) swim, THEN breathe
Alison Reep	100 I/M	after the dive (and turn) swim, THEN breathe time your fly breath to be exactly as the arms leave the water
Maggie Hammond	100 I/M	after the dive (and turn) swim, THEN breathe bk - touch on back THEN roll
Amy Lance	100 I/M	after the dive (and turn) swim, THEN breathe
Maddy Soper	100 I/M	breath early in fly (AS your arms push)
Toby Daniel	100 I/M	chin tucked in all the time on brst
James King	100 I/M	6 beat kick (constant) f/c
Evan Brunson	100 I/M	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
George Langman	100 I/M	hat dry - that will help to keep your f/c legs in the water
		turn = 2 hand touch, <b>knees in</b> THEN breathe (elbow under, hand over - behind head)

Name	Event	Feedback
Elliott Dew	100 I/M	small fast arms and reach into a glide 6 beat kick (constant) f/c
Will Daniel	100 I/M	bringing your hand close to your head on the bk-brst turn will use less energy
Noah Statter	200 fly	time your fly breath to be exactly as the arms leave the water
Ellie Redman	200 fly	arms push back UNDER your tummy and out long your pace should build 7/8/9/10 out of 10 on each 50 during the underwater pull, keep your wrist under your elbow (ladder)
Caitlin Ashurst	200 fly	fly -push your bum to the surface when your hands enter - it will increase your reach
Jackson Harper	200 fly	fly -push your bum to the surface when your hands enter - it will increase your reach
Maddy Soper	200 fly	head up - hands out - head in - hands in
Caitlyn Wallis	200 fly	fly -push your bum to the surface when your hands enter - it will increase your reach
David Hoskin	200 fly	the 2nd kick is the big one that gives you all the speed
Maggie Hammond	200 fly	breath early in fly (AS your arms push) legs together - like you have a tail the 2nd kick is the big one that gives you all the speed
Ruby Soper	200 fly	the 2nd kick is the big one that gives you all the speed
Charlotte Stanbury	200 fly	the 2nd kick should be EXACTLY as your hands leave the water
Hannah Anderson	200 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front)
Evan King	200 fly	turn = 2 hand touch, <b>knees in</b> THEN breathe (elbow under, hand over - behind head)
Holly Richards	200 fly	turn = 2 hand touch, <b>knees in</b> THEN breathe (elbow under, hand over - behind head)
Will Daniel	200 fly	tighter shape on the turn = less energy wasted, meaning more left for swimming fast!

**If you're not listed above, choose targets based on your squad:**

Pre-Development	<p>Hold streamline for 3 sec from EVERY wall</p> <p>Hat dry when swimming f/c</p> <p>Chin leads to the surface (bk)</p> <p>Back of head breaks the surface first (brst, f/c and fly)</p> <p>Knees only as wide as hips (brst kick)</p>
Development	<p>Accelerate arms so that the fastest movement is right at the end</p> <p>6 beat keg kick (f/c)</p> <p>Hands enter at 11 and 5 (f/c and bk)</p> <p>Fingers under wrist under elbow (fly and f/c)</p> <p>5m underwater from every turn</p> <p>Negative split every swim</p>
Potential	<p>Descend aerobic sets</p> <p>6m underwater from every turn</p> <p>Stroke count targets of 18 (f/c and bk) 12 (fly and brst)</p> <p>All turns (hands to feet) performed in less than 1.0 sec</p> <p>Arms relaxed during recovery phase</p> <p>6 beat keg kick (f/c)</p>